



# A REVIEW ON THE APPLICATION OF RASANJANA

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## ABSTRACT

Anjana kriya is the procedure where the medicine is applied to the inner part of the lower eyelid from kaneenika sandhi to apanga sandhi with the help of Anjana Shalaka or finger tip. It has protective, promotive and curative effect on the eyes. According to its form Anjana is of 3 types i.e. Gutika, Rasakriya and Churna. Rasakriya is the synonym of Daruharidra Rasakriya also called as Rasanjana. Rasanjana a concentrated extract prepared with roots and stem bark of Daruharidra (Berberis aristata) proves efficacious on several ailments when prepared using appropriate methods. According to classics, rasanjana has to be applied once in 5 days or 7 days to remove the doshas of the eyes. Anjana is the best option especially when a long term therapy is needed. So it is important to know the logic behind the use of rasanjana in a way specified in the Ayurvedic literature, for its judicious usage and maximum benefit.

**KEYWORDS:** Daruharidra rasakriya, Kriyakalpa, Anjana karma

## INTRODUCTION

Eyes play a crucial role in the intellectual and social development of an individual as vision is one of the important sensory function. Many of the therapeutic procedures have been explained in Ayurvedic classics for the prevention and management of ophthalmic diseases. These procedures are called as Netra Kriyakalpas. These procedures are done locally hence their action is faster than the systemic approach. There are seven Netra Kriyakalpas namely Akshi Tarpana, Putapaka, Seka, Aschyotana, Anjana, Bidalaka and Pindi. The first 5 procedures were mentioned in *Susruta Samhitha*<sup>1</sup> and last two were prescribed only in *Sharangadhara Samhitha*<sup>2</sup> along with other five procedures.

- *Akshi tarpana* – Give nourishment to eyes through oily preparations.
- *Putapaka* – Same as *Akshi Tarpana* but drug should be prepared according to *Putapaka* preparation method.
- *Seka* – Pour liquid medicinal preparations into closed eyes and more beneficial for acute conditions.
- *Aschyotana* – Same as *Seka* but *Aschyotana* is poured into open eyes and it is the foremost procedure for all the eye diseases.
- *Anjana* – Indicated as curative and preventive measure. It should be applied only in *Dosha Pakva Avasta*.
- *Bidalaka* – Medicated paste is applied around the eyes except the eyelids in early stage of eye diseases. It is helpful as it increases the blood circulation to the eyes.
- *Pindi* – Same as *Bidalaka* but medicinal paste is kept over whole eye including lashes.

In all *Kriyakalpas*, *Anjana* has unique therapeutic efficacy for various types of ophthalmic diseases and highly recommended as preventive measure of various eye disorders. *Anjana* is a procedure of applying medicine in the form of *Gutika*, *Rasakriya* or *Churna* (powder) to the inner side of lower lid either by fingertip or by *Anjana shalaka*. Various ancient *Acharyas* described *Anjana* therapy as daily regimen especially *Sauvira Anjana* (Antimony sulphide) and *Rasanjana* as it eliminates excessive *Kapha Dosha* from the eye because eyes have predominance of *Pitta Dosha* or *Teja Mahabhuta* for its proper functioning or clarity of vision<sup>3,4,5</sup>. *Anjana* has special importance in healthy person as well as in diseases person.

## Aims and objectives:

1. To understand *Rasanjana* under the purview of *Rasakriya anjana*.
2. To review the *yukthi* behind the administration of *Rasanjana* once in 7 days.

## Materials and methods:

This is conceptual type of study. All sorts of references have been collected and compiled from various available Ayurvedic texts like *Charak Samhita*, *Susruta Samhita*, *Ashtanga Sangraha*, *Ashtanga Hridaya*, *Bhavaprakasha* and *Sharangdhara Samhitha* with available commentaries. Various scientific papers, research articles are also searched from various websites. Literature available regarding *rasanjana* from various journals and books are used as source materials to the topic. All matter is analyzed and attempt has been made to draw some fruitful conclusions.

## Nirukthi of the word Anjana

“Anathi thi Anjanam”

*Anjana* is called so because in this procedure a *lepa* (ointment) is applied to the inner part of the lower eye lid from *Kaneenika Sandhi* to *Apanga Sandhi* with the help of fingertip or with *anjana shalaka*.

## Types and dosage of Anjana

Type of Anjana	Lekhana	Prasadhana	Ropana
Gutika	1 Harenu	1 1/2 Harenu	2 Harenu
Rasakriya	1 Harenu	1 1/2 Harenu	2 Harenu
Churna	2 Shalaka	3 Shalaka	4 Shalaka

Table 1: *Anjana* Dosage as Per the *Susruta Samhitha*<sup>6</sup>

Note – *Harenu* is a Sanskrit technical word translating to “black cardamom”. It is also known by the name *Hareņuka*. The botanical name is *Vitex agnus-castu*, and is commonly known in English as “vitex”, “chaste tree”, “chasteberry”<sup>7</sup>

## Rasanjana as daruharidra rasakriya:

In the context of *Anjana pana*, *Rasanjana* word is mentioned commenting on this, Dalhana explains 2 types of *Rasanjana* i.e. *Srotoanjana* which is a black coloured mineral and one more prepared from *daruharidra kwatha*. which may be considered as *Daruharidra Rasakriya*.

As per Dr. Desai and Dr. Sri Kulkarni, *Rasanjana* is the yellow oxide of mercury which is used externally in various eye diseases, but Acharya Charaka and Acharya Sushruta has mentioned internal intake of *Rasanjana* and hence it cannot be considered as yellow oxide of mercury. Hence by considering the above we can conclude that the *anjana* which is in the form of *Rasakriya* is considered as *Rasanjana*<sup>8</sup>.

## Method of preparation of Rasanjana:

*Rasakriya* is the form of preparation of the aqueous extract of the plant materials used by the Ayurvedic physicians. In this the 1 part of the drug i.e. *Daruharidra* is made into coarse powder and boiled with 16 parts of water till only 4 parts of the water remains. Then it is filtered to this equal quantity of cow's milk or goat's milk is added and the filtrate is again heated on a low flame till it becomes semi-solid. This semisolid mixture is again dried in shade or drier to get a solid mass of extract. This is called as *Daruharidra Rasakriya* or *Rasanjana*<sup>9</sup>.

## Anjana Kala:

Eye is predominant with *Tejo Mahabhuta* hence it is susceptible for damage from *kapha dosha*. Hence for *kapha sravana*, *Rasanjana* is applied once in 7 days<sup>10</sup>. According to *Sharangdhara*, In *Hemanta* and *Shishira ritu* - afternoon, *Grishma ritu* - morning time *Sharat ritu* - evening time, *Varsha ritu* - time when it is neither too cold nor too hot.

There is different opinion regarding the timing of *Anjana*. During night due to

sleep and in the day time because of the hot rays of sun the eye becomes weak, so it is advised to do *Anjana* both morning and evening. While applying in the morning, *Anjana* should be *Kapha dosha Shamaka* in nature as there is chance of vitiation of the *Kapha dosha* in the morning time. On the other hand *Anjana* should be *Pitta dosha Shamaka* in nature while applying in the evening time as it may make the eye fresh and cool which became weak due to the direct exposure to hot sun.

The *theekshna anjana* contains *katu*, *lavana*, *amla dravyas* which is combination of *Agni* and *Vayu Mahabhuta*. So application of *theekshna anjana*, in day time will again harm the eye as there is hot outside, but during night the coolness of the moon helps the eye to recover easily from the ill effects of *theekshna anjana*. *Tikshna Anjana* should be applied at night. As both *Netra* and night are *Sheet* and *Saumya*, so it is the best period for *Tikshna Anjana*.

But according to *Acharya Vagbhata*, application of *anjana* in night should strictly avoid due to the sheet in night it will cause *stambhana* so the drug can't act properly. *Acharya Sushruta* advises to do *anjana* for *Kapha dosha* predominant eye diseases in morning time, for *Vata dosha* predominant eye diseases during evening and in *Rakta Pitta Janya* diseases in night time.

**Probable mode of action of Rasanjana:** Once applied an *Anjana* it acts as a foreign body to ocular surface. Hence eye gets reflex secretion in response to foreign particles on cornea and conjunctiva. Due to that considerable amount of drug washes out from the eye by weeping and major portion may drainage to the nasolacrimal duct (NLD). Apart from these another part may be eliminated from the ocular surface by evaporation (mainly *Rasakriya Anjana*), metabolization by tear enzymes and get in contact with tear proteins. Finally it mains in the cul-de-sac a very less amount of *Anjana* for the ocular absorption; meanwhile the portion drainage to the NLD may absorb to the systemic circulation by nasolaryngeal and oral mucosa. The ocular absorption of *Anjana* may initiate though the conjunctiva and cornea. Mainly lipophilic active ingredients may absorb through the cornea by transcellular pathway and hydrophilics from the conjunctiva by paracellular pathway. This ocular absorption may be depend on the passive diffusion, carrier mediated transport (facilitated diffusion and active transport) and endocytosis. Also pH, viscosity, tonicity and most importantly molecular size and molecular weight of the active ingredients play a major role of the same. Once it crosses the conjunctiva (mainly hydrophilic); the sclera is more permeable and it allows drugs to penetrate the other interior structures of the eye i.e. ciliary body, iris, aqueous humour, lens, vitreous etc. But due to high vascularization of conjunctiva, ciliary body and iris considerable amount of drug may be enter to the systemic circulation again. The drugs pass through the corneal epithelium (mainly lipophilics) directly goes to the aqueous humour and distribute to the other ocular tissues. However some of the drugs coming to the aqueous humour either via cornea or conjunctiva are undergo to metabolization by the enzymes present in the aqueous. Considering all these factors it can be said that *Anjana* therapy may be highly activated in the anterior segment of the eye because of the presence of several anatomical, biological and physiological ocular barriers<sup>11</sup>.

## DISCUSSION

Among 55 species of *Berberis* found all over India *B. aristata* is considered to have high medicinal value. Therefore *Rasanjana* prepared with it is highly efficacious. Preparation of *Rasanjana* is mentioned in two Ayurvedic texts. *Bhava Mishra* the author of *Bhava Prakasha* puts forward the use of cow's milk for preparation of *Rasanjana* whereas *Rasa Madhava* the author of *Ayurveda Prakasha* advocates the use of goat's milk<sup>12</sup>, the basic procedure being the same. Properties possessed by cow's milk according to Ayurvedic Samhitas (classical texts) viz. *Sheeta Virya* (cold potency) and *Madhura rasa* (sweet taste)<sup>13</sup> makes *Rasanjana* prepared with it suitable for *Pitta dosha* (humour) disorders like *Pittaj Atisaar* (diarrhea) etc. Goat's milk has *Kashaya* (astringent), *Katu* (pungent) and *Tikta* (bitter) *Rasa* which renders *Rasanjana* prepared with it efficacious on bleeding conditions and disease with excessive secretions like *Rakta Arsha* (Bleeding Piles), *Rakta Pradara* (Menorrhagia), *Raktapitta* (Epistaxis) etc.<sup>14</sup> There is different opinion regarding the timing of *Anjana*. During night due to sleep and in the day time because of the hot rays of sun the eye becomes weak, so it is advised to do *Anjana* both morning and evening. While applying in the morning, *Anjana* should be *kapha dosha Shamaka* in nature as there is chance of vitiation of the *Kapha dosha* in the morning time. On the other hand *Anjana* should be *Pitta dosha Shamaka* in nature while applying in the evening time as it may make the eye fresh and cool which became weak due to the direct exposure to hot sun.

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## CONCLUSION

To summarize, it can be said that *daruharidra rasakriya* can be considered as *Rasanjana*. Since *kapha* is predominant in *jala mahabhutha* which forms the main portion of *ashru*, for proper functioning of it is necessary for the presence of

*jala mahabhutha* in the eyes. Hence to prevent the excessive *sravana* of *kapha dosha* from the eyes, it is said that *Rasanjana* has to be applied once in 7 days.

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